

### **IMPORTANT!!!**

FMNP recipients are limited to a first come first served basis.

The WIC FMNP coupons are issued one time only. If they are lost, stolen or misplaced, they can not be replaced.

The WIC FMNP coupons may only be accepted and redeemed by a FMNP authorized farmer.

WIC recipients must use the coupons within the period of the WIC FMNP operations.

### **WIC FMNP Benefits**

#### **Benefits WIC Recipients**

WIC Recipients with an opportunity to improve their health by eating more nutritious fresh fruits and vegetables.

Introduces WIC FMNP families to farmers' markets and teaches them to select and prepare a wide variety of locally grown produce.

#### **Benefits Family Farms**

Supports local agriculture by increasing sales at farmers' markets, where groups of farmers sell directly to consumers.

Promotes expansions and diversification of family farms by stimulating the production of fresh fruits and vegetables.

#### **Benefits Communities**

Helps revitalize downtown areas by supporting the farmers' market as an activity that benefits the entire community.

Promotes the development of farmers markets to communities lacking access to fresh produce.

### **Fruits & Vegetables Can...**

- Give you energy,
- Give you vitamins, minerals and dietary fiber,
- Lower your chances of getting cancer or heart disease,
- Add color, flavor and variety to meals and snacks,
- Be low in calories and naturally fat free

2016 Participating Authorized Farmers	
No.	Name of Farmer
1	William C. McDonald
2	Joseph N. Salas
3	Arlene G. Tamashiro
4	Marilyn C. Salas
5	Estrellita B. Munoz
6	Elpidio D. Granil
7	Lida G. Lumampao
8	Ben C. Rosalin
9	Grow Guam Fresh, Inc.
10	Consolacion U. Pere (INACTIVE)
11	Thomas S.A. Torres (INACTIVE)
12	Wai-Chi Lau (INACTIVE)
13	Gerry F. Ugalino (INACTIVE)
14	Annie C. Garrido (INACTIVE)
15	Ernest S. Wusstig (INACTIVE)
16	Francisco Q. Leon Guerrero (INACTIVE)
17	Vicente C. Meno (INACTIVE)

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**mail:**

U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410

**fax:**

(202) 690-7442

**email:**

[program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

## **Department of Public Health and Social Services The Special Supplemental Nutrition Program for Women, Infants and Children Guam WIC Program**

### **Farmers' Market Nutrition Program (FMNP) Information Pamphlet and Schedule**



Department of Public Health and Social Services  
The Special Supplemental Nutrition Program  
for Women, Infants and Children  
(Guam WIC Program)



**FARMERS' MARKET  
NUTRITION PROGRAM  
(FMNP)**

*Authorized Farmers*

**We Gladly Accept  
FMNP Coupons  
& CVVs Here**

The WIC FMNP is 100% federally funded program under the United States Department of Agriculture (USDA) and administered by the Government of Guam, Department of Public Health and Social Services in conjunction with The Department of Agriculture and The University of Guam, College of Agriculture and Life Sciences. For more information, please call the Guam WIC Program at 478-8992/980.

**FMNP**

**“EATING FRESH FRUITS AND VEGETABLES  
EVERYDAY MEANS HEALTHY”**

## What is the Guam WIC Farmers' Market Nutrition Program (FMNP)?

It's 100% federally funded program with two objectives:

- To provide resources to women and children who are nutritionally at risk in the form of fresh, nutritious, unprepared foods (such as fruits and vegetables) from farmers' markets; and
- To expand the awareness and use of farmers' markets and increase sales at such markets.

## How does the program work?

When a recipient of the WIC program (women and children) come in to a WIC clinic for a scheduled appointment during the FMNP period of operations, they will be provided with:

- Information about the WIC FMNP.
- List of authorized WIC FMNP farmers.
- Market schedules and locations.
- Educational materials on the benefits of WIC FMNP coupons.

The WIC FMNP recipient may then go to a WIC FMNP Farmers' Market sites, Roadside Stand and use the coupons to purchase fresh, nutritious locally grown fruits and vegetables from authorized farmers.

## Things to Remember:

- Your FMNP Coupons may be used only at Approved Farmers' Market sites and/or Roadside stands
- Look for farmers at the farmers' market site or roadside stand who display the poster that reads **"WE ACCEPT FMNP COUPONS AND CVVS HERE"** (as shown in front of the pamphlet)
- Bring your WIC ID and coupons
- Use your Farmers' Market coupons as soon as possible.
- Remember if you purchase items with your Farmers' Market coupons, change will not be given. Take some cash with you to the market. Each coupon is worth \$2.00 and farmers are NOT allowed to give change for a coupon. They will give you a coupon worth of produce, but if the food you want costs a little over \$2.00, it is better to pay the extra cash than waste part of a coupon.
- Choose well-colored fruits and vegetables that are firm, but not hard. Ask the farmer if you have any questions.
- Your FMNP coupons must be used by **September 15, 2016**
- ✓ **Be adventurous - try something new!**
- **HINT: Some of the best tasting fruits and vegetables are the least appealing to the eye**

## FARMERS' MARKET SITES SCHEDULE

**MON-WED-FRIDAY**  
**8 am - 5 pm**

DPHSS sites are closed  
on GOVGUAM Holidays

### NORTHERN

1) DPHSS Northern  
Dededo Public Health  
Center Parking lot  
(Call 635-7471/72)

### CENTRAL

2) DPHSS Mangilao  
Public Health Center  
Parking lot (Call 735-7180)

3) DPHSS Tiyan WIC  
Office front lawn  
(Call 475-0292)

4) Mangilao Flea Market  
Across Mayor's Office,  
Route 10. (Call 475-0292)

## ROADSIDE STANDS

### AGANA HEIGHTS

Agana Heights  
Mayor's Office  
Monday - Saturday  
Open 9 am - 6 pm

### AGAT

Agat Mayor's Office  
Monday - Friday/Sunday  
Open 9 am - 6 pm

### Barrigada

Route 16, In front of  
National Guard or across  
Barrigada Post Office  
Monday - Sunday  
Open 10 am - 6 pm

**TUESDAY NIGHT**  
**6 pm — 8 pm**

### SOUTHERN

5) Sagan Bisita, Route 2  
Next to Agat Mayor's  
Mayor's Office

**MONDAY, FRIDAY**  
**10 am — 2 pm**

**AND**  
**WEDNESDAY Night**  
**10 am — 9 pm**

### CENTRAL

6) Hagatna, Route 1  
Marine Corps. Drive  
Chamorro Village  
(Tents/Shop in front of  
the main entrance.)

**SATURDAY & SUNDAY**  
**6 am — 12 pm**

### NORTHERN

7) Dededo Flea Market  
Route 1, Marine Corps Dr.  
Next to Dededo Payless  
Supermarket

### INARAJAN

Route 4 Inalahan Way  
Next to Gef Pago  
Monday-Wed-Friday  
Open 8 am - 4 pm

### MERIZO

Route 4 Leon Guerrero  
Stand, Next to the Marina  
Monday - Saturday  
Open 9 am - 6 pm